

WARRIOR



PRIDE



U.S. ARMY



WARRIOR

P

ersonal Courage: Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.

R

espect: Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.

I

negrity: Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.

D

uty: Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.

E

xcellence: Exhibit honorable behavior on and off duty - don't be a substance abuser!



HIGH RISK DRINKING AND ALCOHOL POISONING





HIGH-RISK DRINKING AND ALCOHOL POISONING



PURPOSE: To provide awareness on high-risk drinking practices that could lead to poor risk decisions, bad judgment or alcohol poisoning.

Concern: High-risk drinking is a growing problem facing Soldiers returning from deployments in Iraq and Afghanistan.



HIGH RISK DRINKING



Most Recent Situations:

- **SM appears to have died from excessive alcohol consumption after returning from Iraq two days earlier**
- **SM was hit by a POV and died after leaving a club in Darmstadt. (Alcohol-related incident)**
- **SM fell down the steps in the barracks and sustained fatal head injuries. (Alcohol-related incident)**



HIGH RISK DRINKING

What is High-Risk Drinking?



- **Drinking to get drunk**
- **Driving after drinking or riding with someone under the influence**
- **Drinking too much or too fast on an empty stomach**
- **Drinking games such as “Chugging”, “Doing shots”, and using a funnel, hose, trough or punch bowl**
- **Going to parties where the sole purpose is to drink**
- **Not knowing what is in your glass or leaving it unattended**
- **Mixing alcohol with any medications, over the counter or prescription**
- **Mixing alcohol with illegal drugs**
- **“Pre-partying” or “pre-loading”**
- **Drinking while sleep deprived**
- **Drinking with a genetic predisposition to alcoholism, drug addiction, depression, eating disorders, etc.**



HIGH RISK DRINKING



Some High Risk Times during the Year:

- **The first 2 or 3 weeks of redeployment/reintegration**
- **After a major unit or command exercise**
- **During “Welcome Home” ceremonies**
- **Major sporting events (Super Bowl Sunday, World Series, etc.)**
- **Holidays and Birthdays (especially 21st)**
- **Break ups of romantic relationships**
- **Marriage Celebrations**
- **Graduation (B-NCO/A-NCO courses, etc.)**



HIGH RISK DRINKING



Addressing the problem:

- Leaders take action by talking to Soldiers about the impacts on health, family and career from high-risk drinking
 - Be aware of the signs of possible alcohol abuse by your Soldiers (e.g. reluctant to talk with you, unwilling to talk about activities with friends, physical appearance, trouble with local authorities, serious mood changes)
 - If you believe your Soldier is having a problem with alcohol, do not blame them but find appropriate treatment.
 - If your Soldier is concerned about his or her alcohol consumption, or that of a friend, refer them to the Installation Drug and Alcohol Abuse Program for information/screening for problems with alcohol.
- Perform unexpected visits to the barracks to get a feel for what's going on



HIGH RISK DRINKING



Addressing the problem:

- Build a community coalition with local establishments to refuse serving drinks to Soldiers that appear to be intoxicated
- Utilize FRG's and “Guardian Angel Programs” to curb “binge drinking” and help Soldiers integrate back into a normal routine
- Identify “Battle Buddies”/“Designated Drivers” within the unit to lend a helping hand when Soldiers decide to go out for a night on the town.

Remember - High-risk drinking causes numerous negative second-hand effects that result in sexual assault, violence, and vandalism, among others.



If you wouldn't Drink & Drive here...





ALCOHOL POISONING



What is Alcohol Poisoning?

- **Alcohol poisoning happens when large amounts of alcohol are consumed in a short period of time, such as “doing shots”, drinking games, chugging and hazing.**
- **When a lighter weight person tries to match a heavier weight person drink for drink.**
- **Alcohol poisoning does not have to be fatal.**



OIF LESSONS LEARNED

ALCOHOL POISONING

Tips to Prevent Alcohol Poisoning (Overdosing)



- **Mixing drugs** - Avoid mixing drugs that have the same effects, like alcohol with other depressants (Oxycontin, Xanax, Clonopin, heroin) or cocaine with other stimulants (like speed or ecstasy).
- **Moderation** - If you choose to drink, do so in moderation. If you can't drink in moderation, get help!!!
- **Slow Down** - Alcohol Poisoning sometimes happens because people drink too much in a short time period. Skip the drinking games, chugging, beer bongs, funnels or other rapid consumption activities.
- **Eat Food** - Eating during drinking events reduces the chance that a person will suffer from alcohol poisoning.
- **Learn First Aid** - Knowing First Aid, including CPR,



OIF LESSONS LEARNED

ALCOHOL POISONING

Symptoms of Alcohol Poisoning



- **Unable to wake the person with loud shouting or vigorous shaking**
- **Inability of the aroused person to stay awake for more than 2-3 minutes**
- **Slow, irregular breathing—fewer than 8 breaths per minute/10-second lapses in breathing**
- **Weak, very rapid, or very slow pulse**
- **Cold, clammy, pale, or bluish skin**
- **Vomiting while passed out or not awakening**

after vomiting



FIRST AID FOR PASSED-OUT VICTIMS:

Medical experience has shown a number of persons died when "Passing Out" because they were put to bed or left alone. The overdosed person may have consumed an excessive amount of alcohol, drugs, or a combination of the two, causing them to "pass out".

These deaths could be prevented by the following First Aid steps:

- If someone passes out as a result of alcohol poisoning: **Stay with the person.** Do not leave person unattended.
- **Position the person in the "Recovery Position".** Make sure to place them on their right side with their head turned to the side, in case of any vomiting.



- **Check the person's airway to be sure it's clear.** Watch for vomiting.
- **Check for signs of circulation (breathing, coughing or movement).** If absent, and person is unresponsive, begin CPR. Call 112 or your local emergency number. Continue CPR until help arrives or the person responds and begins to breathe.



ALCOHOL POISONING



What Not To Do if You Suspect Alcohol Poisoning

- Do **NOT** hesitate to call for help! The person's life is in danger—better safe than sorry.
- Do **NOT** leave the person alone. The person may seem OK, but the alcohol she/he ingested may take some time to be absorbed in the brain.
- Do **NOT** leave the person on his/her back. The person could choke on his/her vomit.
- Do **NOT** try to give the person anything to eat or drink —this could cause choking.
- Do **NOT** put the person in a cold shower. They could drown, pass out or go into shock.



ALCOHOL POISONING



The Right Thing To Do...

Make conscious choices about drinking. When you do decide to drink, remember

that each situation is different and there may be several factors to consider. Some

choices you might want to make are:

- Identify a “Battle Buddy” and take him/her with you.
- I'll say no when I don't really want a drink. (Even if you choose to drink, you don't have to drink at every party or every time you meet friends at a bar.)
- I'll switch to (Coke, tonic water, or some other **non-alcoholic alternative**) when I reach my limit.
- I'll go home at (set a time).
- I'll plan in advance for a safe way to get home. I won't drive if I've had anything to drink and I won't ride with a driver who has been drinking.
- I'll have only ____ drinks.
- I won't play drinking games.
- I'll spend only a set amount of money on drinking and I'll take only that much with me. I won't borrow for booze.
- I won't drink out of boredom. If I'm bored I'll go home.



ALCOHOL POISONING QUIZ



TRUE OR FALSE

- Alcohol is a mood altering stimulant.
FALSE - Alcohol is a mood altering drug that depresses bodily functions.
- Drinking coffee or taking a cold shower will sober you up.
FALSE - Nothing but time will sober a drunk.
- The affects that alcohol has on the body vary according to the individual.
TRUE - The affect that alcohol has on you is dependant on your sex, your weight, how fast you metabolize alcohol, the situation, your mood, and presence of food in the stomach. If you are a woman, the affects also depend on the time of your menstrual cycle and if you are on the birth control pill.
- The most serious consequence of consuming alcohol is a hangover in the morning.
FALSE - The consumption of enough alcohol will cause death. This level is dependant on the individual.
- Blood alcohol charts are a safe and accurate means of determining how much alcohol is circulating in your blood stream.
FALSE - Often these charts only take into account your weight and the number of drinks that you have drank. These charts can be used as a guideline, but there are no guarantees to their validity in regards to you.



ALCOHOL POISONING QUIZ

TRUE OR FALSE



- If an intoxicated person is semiconscious, you should encourage vomiting.

FALSE - Encouraging the semiconscious person to vomit could cause choking and/or aspiration.

- Women respond to alcohol differently than men do.

TRUE - Women respond more quickly to alcohol due to their smaller body size and body fat distribution, a decreased amount of alcohol metabolizing enzyme, and due to increased hormonal changes.

- Alcohol increases your sexual drive and ability.

TRUE AND FALSE - Alcohol decreases your inhibitions, which factor into an increased sexual drive. However, alcohol decreases sexual functioning and is linked to the reduction of the male hormone testosterone.

- It is okay to put your drunk, passed out friend to bed and go back to the party.

FALSE - NEVER LEAVE AN INTOXICATED PERSON ALONE. Stay with the person and frequently assess them for alcohol poisoning.



HIGH-RISK DRINKING AND ALCOHOL POISONING

In Closing, Remember To:

- Don't drink and drive!!**
- Utilize Commander Ride Home Programs!**
- Know your limits!**
- Don't be afraid to call for help!**
- Be aware of your surroundings!**
- Always have a battle buddy and
take care of each other!**



**PLEASE DIRECT ANY
QUESTIONS TO YOUR LOCAL
ARMY SUBSTANCE ABUSE
PROGRAM (ASAP) OFFICE.**

**LET US
HELP!**